



# Schofield Chapels Family Night

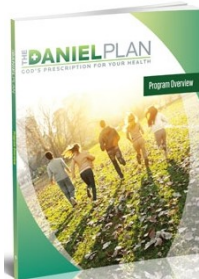
See available sessions below & on the back

Dinner 5:30 - 6:00 pm  
**Wed Nights (begin 18 Sep)**

For more info contact:  
 Deborah McSwain 655-9198

deborah.gregory@us.army.mil

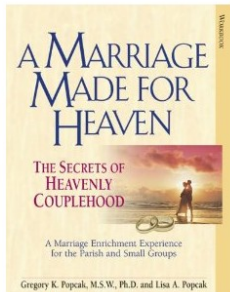
## The Daniel Plan



Core principles based on the story of Daniel to help you bring healthy, whole foods habits into your lifestyle. Connect with others to transform your diet for better health outcomes.

Led by Deborah McSwain & Team - Room 36.

## A Marriage Made for



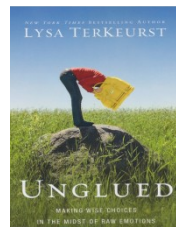
Help couples apply insights from their catholic faith and contemporary psychology in order to supercharge their marriage. Led by Michelle Browning

Sessions 6:10 - 7:30 pm

Childcare €  
 Financial  
 Peace University

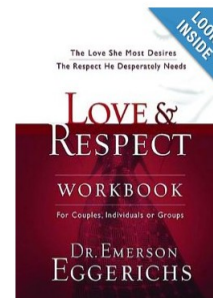


13-week class on how to successfully "tell your money what to do," based on proven principles! Last chance for this course! Led by Robin Sherrod & UMT - Room 231.



## Unglued

Learn how to process emotions and resolve conflict. Identify what type of reactor you are and improve communication for your relationships. Led by Beth Reavis, women's study - Room 33.



## Love & Respect

Based on Eph 5:33, discover the power of unconditional love and respect to reap benefits of marriage that God intended. Led by CH Carlos Molina & SGT Laura Champagne - Room 230.

## Balanced Warrior

Seven dimensions of the Wheel of Life: mental, emotional, social, spiritual, educational, occupational, and legal. Led by ASAP & UMT Team- Room 226.

# ...more available Family Night sessions...



## Special Classes

We often have new classes offered throughout the semester as a one-time or two-time event or class. Watch for special event flyers at dinner. Room TBD.

## Parent & Adult Support Groups

- "Parents of Children with Autism"
- "Parents of Children with Down Syndrome"
- "SHARE" group for parents of children in Exceptional Family Member Program

\*Each group meets once monthly.  
Led by ACS Team - Room 34.

## Buddhism for Modern Living



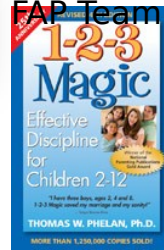
Interactive seminar on discovering your power to take charge of your destiny and become a source of positive change.  
Led by Ken Koyanagi - Room 211.



Middle School & High School clubs meet for mixers, skits, music, discussion, & special events - Led by Eric Wenzel & Team - Rm 212.

## Are You Smarter Than a Military Child?

Teach (Sep 25th) children responsibility and the logic of life by solving their own problems, providing skills for coping in the real world. Led by FAP Team - Room 223.

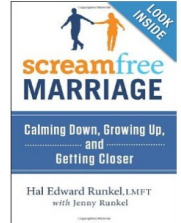


## 123 Magic (Nov 6th)

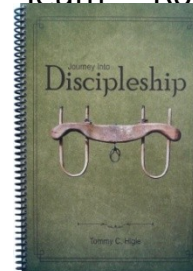
Easy to learn 4-week class on parenting techniques practical advice for parents of children ages 2-12.  
Led by FAP Team - Room 223.



## ScreamFree Marriage (Oct 2nd)



Workshop to help couples stay calm to resolve common marital conflicts and create lifelong connections Led by FAP Team - Room 224.



## Journey into Discipleship

A bible study of the basics of the Christian faith and discipleship. Led by CH Eric Jackson - Room 232.

**Childcare up to 4 yrs - Room 31 (starts at 6pm). Registration (free) is required! Call KOS at 655-8628 for details.**

**Children's Clubs** Preschool, Rm 40  
K-5th, Rm D-9

**CCD Express** 4th-7th, Room 41,  
Led by Monica Farrall

